



GOLDEN LEOPARD KEMPO NEWSLETTER

LEOPARD

KARAZENPO GO SHINJUTSU · KEMPO

Pause

EDITOR'S DESK

Welcome to the second issue. Unfortunately, it is released later than scheduled. Don't worry, though, the next issue is already being compiled as you read this.

Many have asked when the final version of the *Student's Handbook* will be ready. Much of the writing and editing is complete. For those lucky enough to have a preview of the manuscript (back in 1993) will be happy to know all your comments and red-lines have been incorporated into this new release. The *Handbook* is divided into two volumes. The first is required materials for rank advancement. The second will be a books of kempo trick descriptions.

One of the major decisions I need to make is whether to organize the first volume's chapters by aspect (katas, blocks, basics, combinations), or to organize it by rank requirements (yellow belt, orange belt, etc.). I'm leaning towards the aspect, because it's easier to update. If you have an opinion, please contact me and I'll keep a tally.

We are in the process of locating a new training facility for weekly private lessons with Sifu. If you have recommendations, let us know. ☸

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THE LOST TEACHINGS OF SHAOLIN KEMPO

By Bryan Bagnas

For an style which is relatively new, it seems strange to say there are lost teachings. Many would claim otherwise, yet the astute observer will notice a difference in what is taught and what is explained to students of Shaolin Kempo. When you take a step back from the rush to be Black Belt, an instructor or a devotee to a particular lineage, you see pieces of the art most miss. I challenge you to think about the art and find insights to the things you have already learned.

Shaolin Kempo is often described as an art that is "50% punching and 50% kicking". However, as any student of kyu-rank will attest, there is an emphasis on punching and hand techniques. Is this a discrepancy? No, and here's why.

Like many other styles, Taijiquan to name one, hides many techniques within its kata sets. This is also true in Shaolin Kempo. Kicking attacks and defenses are hidden in the required Combinations and forms. For instance, when a foot is unweighted, as in the cat stance, you can execute a kick. Therefore, many of the wazas which have cat



Daruma is the legendary founder of Shaolin Gungfu. The 18 postures he developed was lost for many years.

stances can include a kick to the groin or mid-section. Additionally, the use of legs, knees and feet in the trapping and grappling arts is an important element to effective kempo techniques.

A similar situation occurs with another aspect of Shaolin Kempo. Jujutsu is reportedly a core element of this style, yet very little time is spent on grab techniques and escapes manuevers. Is this too a discrepancy? No.

Just like hidden kicking techniques, grabs are also hidden. Jujutsu, or grabs, are applied in a myriad number of techniques. They are found in Combinations, during the initial attack and defense, and *The Lost Teachings, cont. on page 2*

COVER STORY: THE LOST TEACHINGS OF SHAOLIN KEMPO

later on during the follow through. A perfect example of this hidden quality occurs in combination 16. After the initial “Snapping the Twig” attack, the next technique is “ikajo” — an arm and wrist lock. Besides these hidden maneuvers, there is another interesting fact about relation of jujutsu and kempo.

The true founder of Shaolin Kempo, Sijo Sonny Gascon, trained many years in jujutsu . When he developed Shaolin Kempo (or Karazenpo Go Shinjutsu), his previous skills in jujutsu were retained within the traditional curriculum. However, many “later” masters have allowed this portion of the Kempo curriculum to atrophy thereby eliminating this vital skill from the Kempo repertoire.

In most Shaolin Kempo schools, there are six katas and five pinans. Students often ask, “Why aren’t there 6 pinans?” In fact, there are six pinans. Since the 1940s, this mysterious sixth form has adopted the moniker, “the lost pinan”. One of the key principles of Kempo is symmetry. This symmetry is reflected not only in the techniques but in the organization of the style.

Pinans originated in Okinawa, developed by Okinawans who were taught by Chinese gungfu masters. “Yasutsune Itosu (1830-1915), of the Shuri-Te system, developed the Pinan, peaceful mind, series of five forms around 1905.” (N. Paranto, 1996.) Early kempo (from Okinawa and Japan) only had five pinans. The sixth was added during the 1940s during the development of

Karazenpo Go Shinjutsu as a curriculum.

One aspect of Kempo which is lost and harder to discern is its relation to the Pilipino arts. For those artist who cross-trained in Pilipino Kali-Eskrima, you may have noticed a familiar flow of foot work and hand work. This is no coincidence, nor is it parallel evolution. It stems from Shaolin Kempo’s roots and origins. Below is a quote about the founder of Shaolin Kempo.

While Victor [Gascon] was a child, his father ran chicken fights in the back yard. There always were several old and young Filipinos which could be seen playing sticks during breaks in the fights. Victor especially remembers them showing the "dancing" footwork

and empty hand applications. (KGSA, 1995.)

Weapons training makes up a portion of a complete martial arts style. The training exist within Kempo, yet — like so much of the style — it is left to atrophy. Without this portion of training, Shaolin Kempo is incomplete. It is vital to learn the Pilipino weapon sets and the traditional Chinese weapon sets in order to truly understand Shaolin Kempo.

Why do portions of the Kempo curriculum disappear? Shaolin Kempo is becoming a diluted art form. This sad fact is exacerbated by incomplete training of the instructors. Many schools rush aspiring students into instructor positions to establish their lineage

DOJO KUN

Character – You must make correct moral decisions and have both physical and mental courage; of the two, moral courage is the more important. You will have and exemplify indomitable spirit.

Sincerity – You must be true to yourself and to the other members of the dojo. It is a student’s commitment to train hard and a teacher’s commitment to teach well. The martial arts are a serious endeavor.

Effort – You must be dedicated to train hard at all times. It is not fair to yourself, your sensei or the other dojo members to give less than your best effort.

Etiquette – You must show the proper social behavior towards your teachers, your elders, your parents, your seniors and your juniors.

Self-control– You must keep your fighting spirit in check so that you do not injure your training partners. You must also control all your emotions, particularly anger. Emotions must not take charge in one’s private life outside the Dojo. Observe and practice the traits of humility and respect.

SIFU'S LECTURE SERIES THE RIGHT INGREDIENTS

By Bryan Bagnas

Adding the right ingredients to your cooking determines whether or not your meal is a success. The same is true for martial arts training. Do you add the right skills to your training? Do you focus heavily on certain things?

Avoid practicing only the things you like to do or what you think you're good at. Mix up these ingredients and blend all your material into a health, tasty workout. It's important to work on those techniques you don't like because they help the "taste" of other techniques.

The natural tendency is to practice the new material, until you get more new material. Once you get a "handle" on this new material, you let it sit. "Yeah, I know it. You taught that already. We did that last week."

Without practicing the "old" material, you'll never develop the skills needed to defend yourself.

This is why intermediate level

The natural tendency is to practice the new material, until you get more new material.

students workout with beginning and candidate level students. It reviews and polishes the foundation level material.

The early skills you learn at white belt allow you to build a "knowledge" foundation. This foundation allows you to learn more quickly, perform material correctly and maintain skills longer.

Stances and punches are the building blocks for later material.



Black belt level kata have horse stances, half-moon stances and front punches. This is true in white belt kata.

When you perform a great horse stance to punch-block combination, you can build more techniques off of that. During kata instruction, the sifu can teach you the next part by say, "now, perform Combination 19 at this point to the northwest corner". You can remember that more easily since you have a repertoire of foundation skills to draw from.

All the material taught is interrelated and interlocked. As you progress through the ranks, you'll notice material appearing again and again. These new techniques explore the "other" possibilities that the foundation material alluded to.

AND NOW, FOR THE ANALOGIES:

You can relate techniques to the ingredients of soup. As you add more and more ingredients, the first items you put into the pot settle to the bottom. If you don't stir the soup occasionally, they will burn at the bottom. Soups are best if they

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DAILY MEDITATION

How do I relieve stress and pressure from my daily life? How do I relax and think clearly? I need to break the day's fast pace for a moment of solace. What can I do? The answer is easy, daily meditation.

Regular relaxation and meditation allows the mind to analyze, learn and understand. Use meditation as a pressure valve to help regulate your emotional well being. Like all things you learn in the martial arts, it's a skill to be developed over time.

MENTAL FOCUS

Things that are important to you should receive your focus and attention.

Daily mediation will allow you to channel your emotional resources to those things. By maintaining your focus and allocating emotional and mental resources to the most important items, you become centered. You'll find yourself content and happy since the important matters are addressed. Being mentally centered leads to spiritually and emotionally centerness.

HOW TO MEDIATE

Sit in a comfortable position with a straight back. Hunching your back reinforces bad posture and is bad for meditation. You

Daily Meditation, cont on page 5..

The Right Ingredients, (page 3) cont.

simmer. They should be cooked over time, just like martial arts skills need to be developed over time.

Often, you hear martial arts described as building a house. The foundation materials (the basics) are the foundation and framework. Later material is analogous to the insulation, plumbing and electrical wiring. Finally, the dry wall is put up, and paint is added. Through out the process, your foundation needs to remain strong and steady or else the house will crumble. So to will you martial arts skills if you don't

CYCLONES

Always return to your foundation material. As you advance, you'll return with a better understanding the information. The new material will allow you to grow and improve. You'll gain insight and skill. Once you reach that point, circle back and return to your foundation material, this time with a better understanding. Continue this cycle over and over again. Each time, you'll return with more insight, a little further than when you were there before. This spiral is like a cyclone, always moving up, yet always returning back.

Add the right ingredients and stir the soup of knowledge. Allow nothing to atrophy because you've worked to hard to get what you have.*

The Lost Teachings, (page 2) cont.

and satisfy their egos. The patience expected of asian students by their asian masters is missing in America. This patience has its rewards — a full and complete martial art style.

The splintering of Kempo in the 1970s and 1980s has obscured the true lineage and roots of this style. Cross training has also diluted the history of Kempo as instructors try to fill in missing gaps of their training. Hopefully, new organizations like the Karazenpo Go Shinjitsu Association can help educate and train others in the remaining portions of the Shaolin Kempo system.

The solution to this dreadful trend is to re-commit oneself to learning all about Shaolin Kempo — true or false. Then eliminate the false. Research the roots, discover other students of the style to exchange knowledge and techniques with. Shaolin Kempo is not only a martial art style, it is a family which needs to stay together. *



Daily Meditation, (page 4) cont.

must first relax your body and mind. A great technique for relaxing the body involves clenching the fist and then release. That draining feeling is soothing. Experience the emptiness.

The next step is to visualize the qi flowing through your body. Imagine it seeping up through the ground into your body. The qi will flow up your back and then down into your lower stomach. From there, the qi will flow up the front of your body and out of the mouth. Down into the earth and visualize it starting again. Remember to breathe and relax.

DIAPHRAMATIC BREATHING

In martial arts (and in meditation), it is never proper to breath using your chest. The chest should remain still. Use the stomach muscles to drive your lungs. Breathe in through the nose. Keep filling the lungs until there is no more room. You can find more room by sticking out your stomach.

Now, gently breath out through your mouth with one steady, easy flow. Push the air out using your stomach muscles. Imagine your stomach as a bellow, forcing the air out of your mouth. Stay relaxed.

Once you can do the diaphragmatic breathing without thinking about each step, engage your mind in peaceful visualization. Imagine a peaceful meadow under a blue sky. The green grass is waving slowly. A crisp wind is blowing, orchestrating the whole scene.

When you can yourself in this place, visualize clean energy flow into your body, flushing out the bad energy. Some people don't like the

term energy. You can use water-images or anything else that can leave your body. The key is to use your mind to remove the bad thoughts and emotions.

When you are rejuvenated, slowly return to your peaceful place. Gently open your eyes. Remain still for a few more moments as your body and mind readjust to the world around you. Your breathing are very slow and regular. Most people feel a sense of light-headed euphoria at this point. You've done well.

WHAT'S HAPPENING?

One of the benefits to daily meditation is positive thoughts erode negative thoughts. When you are under stress, you're more likely to be defensive or agitated. By reallocating your resources, you can deal with others (and events) with plenty of patience and ammunition to deal with the problem.

Peace and relaxation erode stress. As you gain the skills to truly deal with your problems and life, you'll find yourself more at peace. You become an emotional lighthouse for others. Do you ever wonder why perky and vibrant people attract others? It's because they are better at dealing with stress than others. As you progress in focussing your resources and relaxing, you can help others. Sharing is a very rewarding and stimulating act.

Lead by example. Even if you only want to lead yourself, you must set an example for yourself. Promise yourself you'll sit down for a few minutes each day to meditate. Start small and work to longer and longer times.

PERFECT PRACTICE

Select the right mentors
Study your teacher carefully
Balance surrender and self-determination

Embrace change
Listen with openness
Practice daily those lessons most cherished
Never squander a lesson — Practice the whole art

Investigate apparent contradictions
Balance intuition and science
Practice with undivided attention — One pointed practice

Observe yourself with detachment
Challenge perceived limitations
Always observe critically even your most basic movement

Keep clear objectives. Know what you are attempting to accomplish
Art is expression. Know what wants to be expressed.
Accept your performance today without allowing it to limit future performance

*Written by
Sifu Barbara Bones
Go Dan
Chuan Fa Kajukembo Kung Fu*

WHEN IS THE BEST TIME TO DO IT?

There are several "ideal" times to meditate. You must find the right time for yourself. Here are some examples:

- In the morning
- In the evening, prior to sleep
- When stress is high
- When you feel out of control

Remember that proper breathing is the key.☸

UPCOMING EVENTS & SEMINARS

- **1999 Golden Leopard Kempo Seminar**
Autumn, 1999
Seminar on correcting the first three katas and all six pinans. For those who don't have the lost 6th pinan, you'd better attend.
- **1999 Karazenpo Go Shinjutsu Seminar**
Winter, 1999
Anaheim Karazenpo, Sifu Rash Anaheim, CA
A review of the Karazenpo Go Shinjutsu kata and techniques. Join our brothers and sisters to the north for a *ohana* style class.
- **1999 La Mesa Dojo Reunion**
Winter, 1999
For existing and former students of Sifu Bryan's La Mesa Dojo on Parkway Drive. A potluck picnic in the park. We'll discuss old times and catch up on the latest news. Sifu will also be demonstrating nuance corrections he has from the Grandmaster.
- **1999 Millenium Party**
Winter, 1999
Somewhere in San Diego
We'll have a picnic to celebrate new beginnings and the end of the millenium. This will also be a holiday party for the virtual dojo.

All of these events are still in the planning phase. If you'd like to help, please contact Sifu Bagnas at bbagnas@earthlink.net.

Join Us!

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